

## Travel snacks for kids made easy and healthy!

By **Annette Lang**, Expat Kitchen



Snacks for kids don't have to be unhealthy or boring, and they most certainly don't have to be purchased from the dull selection at the airport or the closest 7-11. Be creative and make on-the-go food yourself with healthy ingredients you know your kids like.

Here are a few great travel snacks to get you started...

### Fruit & Banana Crunch Munch

Chop dried mango, dried figs, dried pineapple and dried banana chips and combine.

### Crunchy Pappadums

Microwave some mini pappadums raised in a plate, they are a tasty, healthy replacement for chips or crisps.

### Rice Krispies (bubble) mix

Combine a variety of dried cranberries, desiccated coconut, dried papaya and yogurt coated raisins with rice krispies.

### Strawberries & Chocolate

Chop strawberries into tiny pieces and mix with white or dark chocolate chips.

### Ants on a Log

Cut celery into 6-inch sticks and spread with cream cheese, then dot with raisins.

### Pita Crisps

Cut open a wholemeal (whole wheat) pita bread and brush with a little olive oil, sprinkle with garlic salt or parmesan cheese. Bake in oven preheated to 375°F (180°C) until browned and crisp.

### Cheesy Skewers

Thread chunks of cheese and fruit - grapes, melon, berries - on bamboo skewers.

### Meaty Skewers

Thread cherry tomatoes with chunks of ham and cheese onto bamboo skewers.

### Remember:

- Store snacks in airtight containers until consumed.
- Supply a disposable spoons when necessary.
- Carry wipes at all times!



FRIENDS FOR LIFE

## WANTED: LOVING HOMES!



### Cassie

female  
cross breed  
5 months old



### Hunter

male  
lionhead rabbit  
2 years old

*Cassie is so sweet and cute - when out for her walks, her tongue hangs out and it looks like she is smiling! Cassie would benefit from some training, regular exercise and plenty of room to run around. Not HDB approved.*

*Hunter is friendly and can get excited when it's mealtime. Fun to see him in action.*

These animals may have already been adopted. Please call the SPCA at 6287-5355 x24 to find out, or to get more information about many other animals needing homes.